

Pheasant and Mushroom Linguine

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This elegant dish is a fabulous way of using pheasant and for introducing it to people who haven't tried game before.

Ingredients:

250g linguine pasta
1 oven-ready pheasant, deboned and filleted, fillets cut into small chunks
2 tbsp. butter
2 tbsp. olive oil
2 shallots
1 garlic clove
75g sun-dried tomatoes
100g mushrooms
1 tsp. dried basil
Salt and pepper
100ml chicken stock (you could need more, up to 200ml)

Directions:

1. Finely dice the shallots and finely slice the mushrooms. Slice the sun-dried tomatoes. Chop the garlic clove roughly.
2. Heat the olive oil in a pan and sauté the pheasant chunks along with the garlic until browned on all sides. Remove the pheasant from the pan along with the garlic and set it to one side.
3. Add the butter to the saucepan and add the mushrooms and shallots into the pan. Cook them until golden brown and until the mushrooms are slightly crispy and then add the sun-dried tomatoes, 100ml chicken stock and dried basil. Season well with salt and pepper to taste.
4. Add the pheasant meat back into the pan and simmer gently for half an hour. If it starts to look too dry, add some more chicken stock.
5. Whilst the sauce is cooking, cook the linguine according to the packet instructions in plenty of salted boiling water.
6. Once the pasta is cooked, mix it into the sauce using a pair of tongs.

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